

## CHAPTER 4

### Days 6–14

In addition to cooking many of the fine dishes from our previous menus, your mouth will now be ready to enjoy the nourishing and comforting meals below.

#### MAIN COURSES

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- Almond-Crusted Halibut Crystal Symphony \*
- Broiled Tilapia Parmesan \*
- Chicken Fettuccini Alfredo \*
- Fish in Ginger-Tamarind Sauce \*
- Grilled Salmon Kyoto \*
- Lasagna \*
- Orange Roughy \*
- Salmon Patties \*
- Sesame Seared Tuna \*

All of the fish in these dishes are a good source of protein and, of course, contain omega-3 fatty acids, which are known to benefit your cardiovascular system and your nervous system. Fatty fish, in particular, is recommended to be eaten at least twice a week.

## Almond-Crusted Halibut Crystal Symphony

### INGREDIENTS:

#### *Sauce:*

- ½ cup dry white wine
- 2 tbsp. cider vinegar
- 2 tbsp. shallots, minced
- 1 sprig fresh thyme
- 1 bay leaf
- ½ cup heavy cream
- ½ cup unsalted butter, chilled, chopped
- 3 tbsp. fresh chives, chopped
- 2 tsp. lemon juice
- salt and pepper, to taste

#### *Fish:*

- 6 6-ounce halibut fillets, between ¾ and 1 inch thick
- 2 tbsp. vegetable oil
- 1 tbsp. unsalted butter
- ¼ cup breadcrumbs
- ⅔ cup blanched almonds, minced
- 1 tbsp. unsalted butter, melted
- 1 egg, lightly beaten

### DIRECTIONS:

Begin by making a beurre blanc sauce: In a small saucepan over medium heat, combine wine, vinegar, shallots, thyme, and bay leaf. Boil until almost all of the liquid has evaporated; then add the cream, boiling until it is reduced by half. Turn the heat down low and whisk in butter, one piece at a time. Don't allow sauce to simmer, or it may separate. Next, strain the sauce through a fine sieve into a heatproof bowl. Stir in chives and lemon juice, adding salt and pepper to taste. While cooking the fish, keep the sauce warm by setting the bowl in a larger container of hot water.

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Preheat oven to broiler setting. Pat fillets dry, and season with salt and pepper. Meanwhile, heat oil and butter in a large skillet, over medium heat. When the oil is hot, saute the halibut fillets for two to three minutes a side, until lightly browned and just cooked through. Then, transfer the fish to a baking sheet, and let cool for five minutes. In a small bowl, stir together bread crumbs, almonds and melted butter; brush the top of each fillet with the beaten egg, and top that with the almond mixture. Broil for two minutes, or until browned — watch closely! To serve, place fillets on individual plates and spoon *beurre blanc* sauce around the fish.

## **Broiled Tilapia Parmesan**

### **INGREDIENTS:**

- ½ cup Parmesan cheese
- ¼ cup butter, softened
- 3 tbsp. mayonnaise
- 2 tbsp. lemon juice
- ¼ tsp. dried basil
- ¼ tsp. black pepper
- ⅛ tsp. onion powder
- ⅛ tsp. celery salt
- 2 lbs. tilapia fillets

### **DIRECTIONS:**

Preheat oven to broiler setting. Grease a broiling pan or line it with aluminum foil. In a small bowl, mix together cheese, butter, mayonnaise, and lemon juice. Then stir in basil, pepper, onion powder and celery salt, and set aside. Arrange fillets in a single layer on the prepared pan. Broil three minutes a side, a few inches from the heat. Remove the fish from the oven and cover the top side with the cheese mixture. Broil until the topping is brown and fish flakes easily with a fork, about two minutes. Be careful not to overcook the fish!

## Chicken Fettuccini Alfredo

### INGREDIENTS:

- 6 boneless, skinless chicken breasts, cubed
- 1 tbsp. Italian seasoning
- 6 tbsp. butter
- 4 cloves garlic, minced
- 1 lb. fettuccini
- 1 onion, diced
- 1 pkg. sliced mushrooms (8 ounce)
- 1/3 cup all-purpose flour
- 1 tbsp. salt
- 3/4 tsp. white pepper
- 3 cups milk
- 1 cup half and half
- 3/4 cup Parmesan cheese, grated
- 2 cups Monterey Jack cheese, shredded
- 3 plum tomatoes, diced
- 1/2 cup sour cream

### DIRECTIONS:

In a large skillet over medium heat, combine chicken, Italian seasoning, and two tablespoons each of butter and garlic. Fully cook the chicken and remove from the skillet and set aside (chicken should no longer be pink inside). Next, bring a large pot of lightly salted water to a boil; add pasta and cook 10 minutes or until al dente and drain. Meanwhile, melt four tablespoons of butter in the skillet; saute onion, remaining garlic, and mushrooms, cooking until onions are transparent. Stir in flour, salt, and pepper, cooking for two minutes. Slowly add milk and cream, stirring until smooth and creamy. Then, gradually add both cheeses and stir until melted. Finally, add chicken, tomatoes and sour cream. Serve over cooked fettuccini.

## **Fish in Ginger-Tamarind Sauce**

### **INGREDIENTS:**

- 1 tbsp. vegetable oil
- 1 tsp. mustard seed
- 2 tbsp. fresh ginger, chopped
- 1 cup onions, chopped
- 2 cups water
- 1 tbsp. tamarind paste
- 2 tbsp. coriander, ground
- ½ tsp. chili powder
- salt, to taste
- ½ lb. cod fillets, cut into 1-inch cubes
- fresh curry leaves (optional)

### **DIRECTIONS:**

Heat oil in a saucepan over medium-high heat. When hot, add mustard seeds and cook until they begin to crackle. Then add ginger and onion, cooking until softened, about five minutes. Pour in water and add the tamarind paste. Bring this to a boil before adding coriander, chili powder, and salt. Reduce heat to medium-low and cook for 15 minutes, stirring occasionally. Add fish to the pan and cook thoroughly. Garnish with fresh curry leaves.

## Grilled Salmon Kyoto

### INGREDIENTS:

- ⅓ cup soy sauce
- ¼ cup orange juice concentrate
- 2 tbsp. vegetable oil
- 2 tbsp. tomato sauce
- 1 tsp. lemon juice
- ½ tsp. prepared mustard
- 1 tbsp. green onion, minced
- 1 clove garlic, minced
- ½ tsp. fresh ginger, minced
- 4 salmon steaks, 1 inch thick
- 1 tbsp. olive oil

### DIRECTIONS:

In a shallow glass baking dish, combine all ingredients except salmon and olive oil. Then, place salmon in marinade and turn to coat.

Cover and refrigerate for 30 minutes to one hour. Once the fish is almost ready, preheat an outdoor grill to high heat. Remove salmon from marinade, reserving the liquid in a small saucepan. Bring the liquid to a boil, and cook for one to two minutes. Next, lightly oil the grill grate and brush or spray salmon with olive oil. Place fish on the grill and cook for 10 minutes or until fish flakes easily with a fork. Turn salmon once, and brush with boiled marinade halfway through cooking time. Delicious fish, Japanese-style!

## **Lasagna**

### INGREDIENTS:

- 1 lb. sweet Italian sausage
- ¾ lb. lean ground beef
- ½ cup onion, minced
- 2 cloves garlic, crushed
- 1 can crushed tomatoes (28 ounce)
- 2 cans tomato paste (6 ounce)
- 2 cans tomato sauce (6.5 ounce)
- ½ cup water
- 2 tbsp. sugar
- 1½ tsp. dried basil leaves
- ½ tsp. fennel seeds
- 1 tsp. Italian seasoning
- 1 tbsp. salt
- ¼ tsp. black pepper
- 4 tbsp. fresh parsley, chopped
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- ½ tsp. salt
- ¾ lb. mozzarella cheese, sliced
- ¾ cup grated Parmesan cheese

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**DIRECTIONS:**

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, salt, pepper, and half the parsley. Simmer, covered, for about 1½ hours, stirring occasionally. Afterwards, bring a large pot of lightly salted water to a boil. Add lasagna noodles to the water and cook about 10 minutes. Drain noodles and rinse with cold water. Meanwhile, in a mixing bowl, combine ricotta cheese with egg, remaining parsley and ½ teaspoon salt. Preheat oven to 375°.

Now you're ready to begin assembling the lasagna. First, spread 1½ cups of meat sauce in the bottom of a 9x13-inch baking dish. Then, arrange six noodles lengthwise over meat sauce. Spread with half of the ricotta cheese mixture, and top that with ⅓ of the mozzarella. Next, spoon 1½ cups of meat sauce over mozzarella, and sprinkle with ¼ cup of Parmesan. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil and bake for 25 minutes. (To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese.) After the first 25 minutes remove foil, and bake another 25 minutes uncovered. Cool for 15 minutes before serving.

## **Orange Roughy**

The orange roughy is a large deep-sea fish typically found in the cold, deep waters of the western Pacific Ocean, eastern Atlantic and Indo-Pacific.

This fish is notable for its lengthy lifespan — 150 years — and bright red scales that fade to a yellowish orange by the time it arrives on your plate.

Ridiculously low in fat, the orange roughy is also an excellent source of selenium, vitamin B12 and niacin.

### **INGREDIENTS:**

- 1 tsp. olive oil
- 3 green onions, chopped
- 1 cup dry white wine
- 1 can whole peeled tomatoes with liquid, chopped (14.5 ounce)
- 4 4-ounce orange roughy fillets
- 1 tbsp. fresh basil, chopped
- ¼ tsp. black pepper
- 1 pinch dried thyme, crushed
- 1 pinch dried rosemary, crushed
- ¼ cup black olives, sliced and drained
- ½ lb. feta cheese, crumbled

### **DIRECTIONS:**

To prepare, heat olive oil in a medium skillet over medium heat. Add green onions, and cook until tender, about five to 10 minutes. Then, stir in white wine and tomatoes and bring to a boil. Place the fish fillets in the white wine mixture, seasoning with basil, pepper, thyme, and rosemary. Reduce heat and simmer the fish 15-20 minutes, until fish is easily flaked with a fork. Remove fish fillets from skillet and top with black olives and feta cheese.

## Salmon Patties

To benefit from antioxidants and omega-3 fatty acids, salmon is an ideal source.

### INGREDIENTS:

- ½ lb. salmon
- 1 red potato, peeled and chopped
- 1 shallot, minced
- 1 egg, beaten
- ¼ cup Italian seasoned breadcrumbs
- 1 tsp. Italian seasoning
- salt and pepper, to taste
- ½ cup cornflake crumbs
- 2 tbsp. olive oil

### DIRECTIONS:

Preheat oven to 350° and lightly grease a small baking dish. Place the salmon in the prepared baking dish; cover and bake 20 minutes, or until easily flaked with a fork. While the fish is cooking, boil the potato in a small saucepan and cook until tender, 10-15 minutes. Once cooked, drain and mash the potato. Next, combine the salmon, potato, shallot, egg, and breadcrumbs in a bowl, and add the Italian seasoning, salt, and pepper. In a separate bowl nearby, place the cornflake crumbs. Then, using the salmon mixture, create 1-inch balls of salmon. Roll the balls in the cornflakes to coat, and press into patties. Heat the olive oil in a medium saucepan, and fry the patties over medium heat, three to five minutes a side, or until golden brown. Delicious!

## **Sesame Seared Tuna**

### **INGREDIENTS:**

- ¼ cup soy sauce
- 1 tbsp. mirin (Japanese sweet wine)
- 1 tbsp. honey
- 2 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 4 6-ounce tuna steaks
- ½ cup sesame seeds
- wasabi paste
- 1 tbsp. olive oil

### **DIRECTIONS:**

In a small bowl, stir together soy sauce, mirin, honey and sesame oil. Divide the liquid into two equal parts. Stir the rice vinegar into one part and set this aside as a dipping sauce. Coat the tuna steaks with the remaining soy sauce mixture. Next, spread the sesame seeds out on a plate and press the tuna into them to coat. Heat the olive oil until very hot in a cast iron skillet on high heat. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.